

# THE LEADER



Vol. 39, No. 49

Grand Forks Air Force Base, N.D. ♦ [www.public.grandforks.amc.af.mil](http://www.public.grandforks.amc.af.mil)

Dec. 10, 2004

Bagging  
holiday  
cheer

Page 4



Playing with  
improve-  
ments

Page 7



Wishing  
you were  
here

Page 14



## 319th Air Refueling Wing

**Mission:** *The 319th Air Refueling Wing is the finest combat air mobility wing in the world's greatest air and space force.*

**Vision:** *To be the best at everything we do!*

Mission Effectiveness

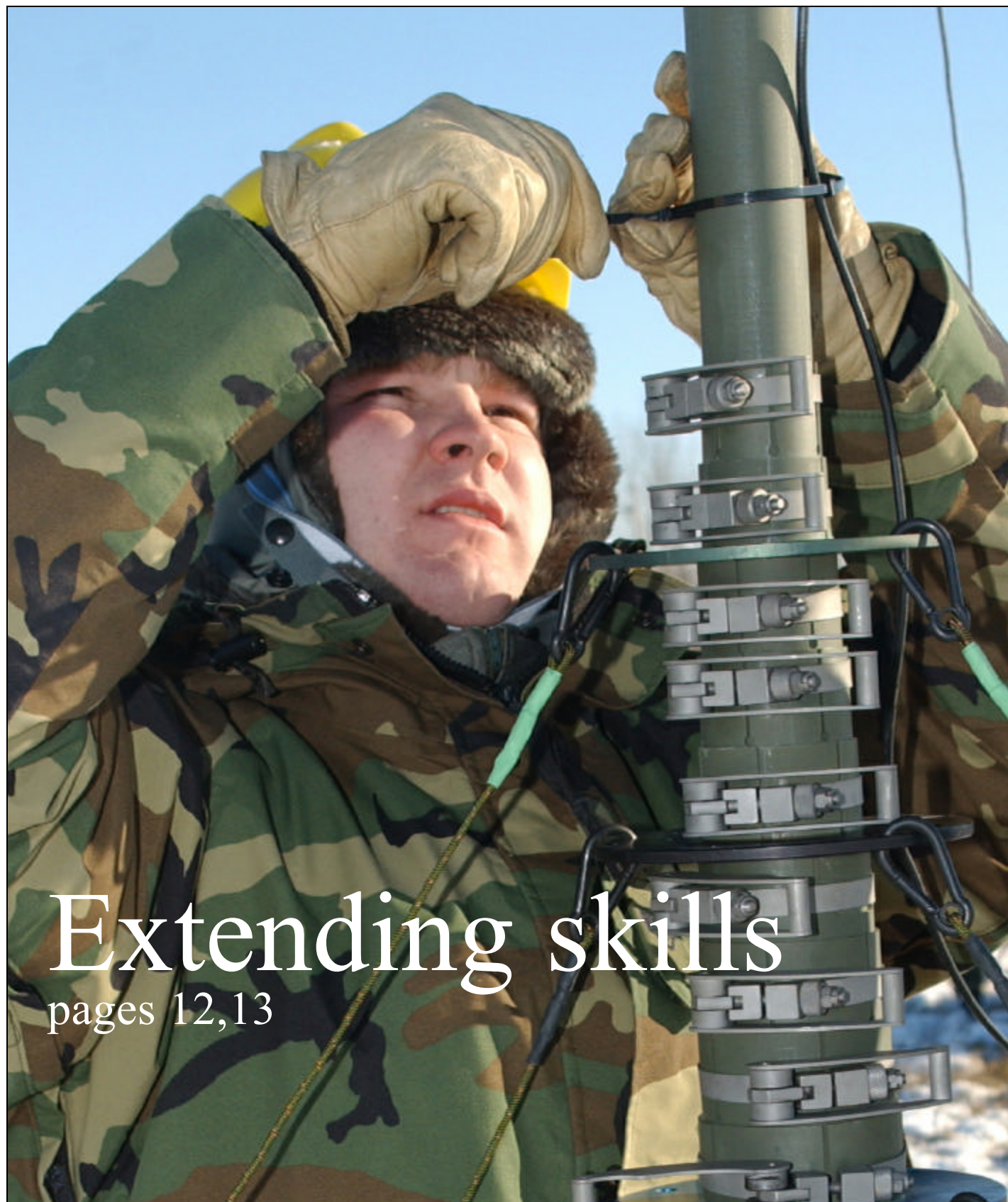


**Air Refueling Rate** 83.33 %

Week of  
Nov. 21 - Nov. 27

**Air Land Rate** 100 %

Week of  
Nov. 21 - Nov. 27



# Extending skills

pages 12,13

319th Air Refueling Wing ♦ Warriors of the North



# Training for success

*Commitment, teamwork key pieces to help complete the operational readiness exercise jigsaw puzzle*

**By Col. Scott Reese**  
Vice Commander

Last week I was privileged to see the Warriors of the North perform at their very best under circumstances that can be charitably described as “less than ideal.”

Despite facing the challenge of our first real winter storm of the year, air crews, maintainers, security forces, logisticians, and hundreds of others came together to rapidly prepare and launch 10 wing aircraft in support of our operational readiness exercise Dec. 1 and 2.

From my vantage point in the Crisis Action Team and through visits across the wing, I was able to witness the outstanding teamwork that helped it all come together. Although this was by no means an easy exercise, our people sure made it look that way.

That’s not to say everything was perfect. In situations like this, nothing ever goes exactly the way you plan and there were obviously a few “bumps in the road.” But overall, not only did you accomplish the mission — you excelled at it.

The key to that success lies in train-

ing. We need to constantly focus on training the same way we fight — and I believe we do. We all know there are a lot of demands on our time and attention, both at work and home. But in the end, what we accomplish when we focus on training makes a powerful difference on the battlefield.

Another key to our success is teamwork. Every person in this wing contributes something to the fight, whether real world or exercise.

We started the ORE with a wing-wide recall for just that reason: it’s the efforts of everyone working together that make our mission happen. Think of it as a jigsaw puzzle; even one piece missing spoils the picture.

Finally, what it all really comes down to is commitment. Despite the weather and challenges introduced by exercise scenarios, you pulled it all together and made the mission happen.

Last week was more than just an evaluation of the wing’s capabilities; it was a testament to them.

For myself, I offer thanks to the Warriors of the North for a job well done. Our Commander in Chief told us to be “be ready.” We will remain so.



**Col. Mark Ramsay**  
319th Air Refueling Wing  
commander

## Noise complaint

**Question:** I understand there are noise ordinances on every base, however, it seems they are not enforced on this base. There are many times of the day when I hear cars driving by with their music way too loud. I can literally hear them coming three blocks away, and I live in the middle of a four-plex. Security forces needs to enforce the issue and not turn a blind eye to drivers with loud music and pounding bass. When they are patrolling for speeding cars, they can also listen for cars with loud music or they can specifically patrol for cars with loud music. Stricter consequences might also deter individuals.

**Answer:** Thank you for your input. Our security forces patrols will increase their observations in this area. I assure you, they are not turning a blind eye to any infraction occurring on this base. There is an ordinance for

## Action Line

**Call 747-4522 or E-mail**  
[commandersactionline@grandforks.af.mil](mailto:commandersactionline@grandforks.af.mil)

The Action Line is your avenue for information about events and activities on and around the base. For questions about current events or rumors, leave a message.

Questions will be answered in the order they are received.

**5**

## Consecutive DWI-free days

Goal is zero DWIs.

excessive stereo music addressed in Grand Forks Base Instruction 31-204 and I’ve included it below.

*Vehicle operators have a responsibility to ensure music from their vehicles (amplified or not) does not exceed a reasonable noise level that may annoy any person or offend public decency. Noise that can be heard outside the vehicle that is deemed by the complainant as annoying or offending public decency and not witnessed by security forces will be documented on an AF Form 3545 (Incident Report) and titled “Public Nuisance Complaint.” Incidents witnessed by security forces may be cited on a DD Form 1408 (Traffic Citation) as “Public Nuisance.” Security forces may enforce the “Public Nuisance” law without a complaint being filed.*

When this occurs in the future, please note the make, model and license number of the vehicle and notify security forces at 747-5351. They will respond and officially take your complaint.



Photo by Tech. Sgt. Anthony Tyrrell

**Cover: Staff Sergeant Reed Honsey secures an antenna cableduring a base operational readiness exercise Dec. 1 and 2. For details see pages 12 and 13.**

**Oh, the weather outside is frightning, but the base has a solution. Call the snow line for weather, road conditions and more. See page 5 for details.**

### Editorial staff

Col. Scott Reese	Vice commander
Capt. Michael Meridith	Chief, public affairs
1st Lt. Ashley Gee	Deputy chief, public affairs
Master Sgt. Anthony Davis	Superintendent, public affairs
Staff Sgt. Monte Volk	NCOIC, internal information
Airman 1st Class Patrice Clarke	Editor
Airman 1st Class James Croxon	Staff writer

### Editorial policy

*The Leader* is published by the Grand Forks Herald, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 319th Air Refueling Wing. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of *The Leader* are not necessarily the official views of, or endorsed by, the U.S. Government, Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication does not constitute endorsement by the DoD, the Department of the Air Force or the Grand Forks Herald of products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

♦**Deadlines** — Articles due by noon Thursday the week prior to publication. For details, call *The Leader* staff at (701) 747-5019.

♦**Contact information** — **E-mail:** [leader@grandforks.af.mil](mailto:leader@grandforks.af.mil), **Phone:** (701) 747-5023

♦**CCTV3** — **E-mail:** [CCTV3@grandforks.af.mil](mailto:CCTV3@grandforks.af.mil), **Phone:** (701) 747-5023

♦**Public Affairs** — Editorial content is edited, prepared, and provided by the 319th Air Refueling Wing public affairs office. Copy submitted for publication is edited to conform to the Associated Press Stylebook and for length considerations.

♦**Advertisements** — Call the Grand Forks Herald at (701) 780-1275.

# Make your situation a meaningful one

**By Airman 1st Class Patrice Clarke**  
Public Affairs

My momma always said that you make your own situation. If you're bored, she said, then that's your fault: get up and do something about it.

This comes to mind when I think about the Warrior Airmen Recreation Center. The WAR Center celebrated its one-year anniversary yesterday and it really got me thinking back to when it all started.

Like many first-term Airmen, when I arrived here, I only knew one other Airman and the people I worked with. It was really hard at first. I'm from Texas and I missed the dry heat, the people, and the simple things like going to the lake and hanging out with my friends. Besides my job, I really had nothing to focus

on and nothing to take up the rest of the day after work.

That all changed when the 319th Services Squadron started focus groups for a new place that would soon be opening: a place dedicated to Airmen. The idea of asking Airmen about issues concerning them appealed to me. I felt I could make a difference and leave a mark.

The question Services posed to the members of the groups was, if we had a place that was exclusively for us, what would we want in it?

That was like sending a kid into a toy store with unlimited credit. There were ideas of pools and full theaters, unlimited Internet connections, 24-hour operations and volleyball pits. They even went as far as to give us an empty floor plan to design what we wanted.

Even though they couldn't give us everything we wanted, but they came pretty close. The end product was the WAR Center.

The story doesn't end there. The WAR Center has the potential to constantly change and meet the needs of the Airmen. The more volunteers, the more hours the center can be open and the diverse amount of activities it can support.

If you don't vote, you can't complain about the person elected and if you don't get involved you can't complain about how there is nothing to do.

I make my own situation and I decided to make my opinion count and do something to help the base and Airmen. You never know what you can do until you get involved.

Get involved and be in control of your situation.



# Holiday spirit

Base personnel celebrated the holidays recently with the family support center open house and the Holiday Cookie Campaign. (Right) Volunteers package cookies during the cookie drive Monday. This year 8,688 cookies were donated and 110 people volunteered.



Mackenzzy Dodds receives a present from Santa Claus Friday at the family support center open house. More than 330 people attended the event.

*Photos by Staff Sgt. Scott T. Sturkol*



Airman Toni Scott, 319th Civil Engineer Squadron, fills bags decorated by local school children with cookies. In addition to cookies, each bag had a tag from a local girl scout troop and a card from the National Military Family Association. Families throughout the year bought the cards for a \$1, personalized them, and sent them back to NMFA. From there, the cards were distributed to different military bases.

## News Briefs

---

### Pitsenbarger Awards presented to base Airmen

Two Grand Forks Air Force Base airmen were recently selected to receive the Aerospace Education Foundations, Pitsenbarger Award. **Staff Sgt Pier-Maria Munoz** and **Tech Sgt David Canfield** received these awards as October 2004 Community College of the Air Force graduates.

Pitsenbarger Awards provide a one-time grant of \$500 to selected top USAF enlisted personnel graduating from the Community College of the Air Force who plan to pursue a baccalaureate degree. The grants coincide with the CCAF graduation ceremonies held each spring and fall.

This award was named after Vietnam War Medal of Honor recipient, Airman 1st Class William H. Pitsenbarger. For more than 40 years, the Aerospace Education Foundation, an affiliate of the Air Force Association, has been working to support the education goals of the Air Force Family through various scholarships, awards and fellowships across the nation.

### Officer selected for AMC Safety Award

An officer here was selected as the 2004 Air Mobility Command Safety Officer of the Year.

**Capt. Matthew F. Coleman**, former wing safety officer and current wing executive officer, competed against all AMC wings for the award.

As safety officer, Captain Coleman reported directly to the wing commander concerning safety issues throughout the wing. In February he oversaw a highly successful AMC safety inspection that lasted seven days.

Captain Coleman is still competing against other major command winners for the Air Force Safety Officer of the Year Award.

### Snow line

The base snow line number is 747-SNOW (7669). The snow line gives statements on base reporting procedures, the base winter parking plan, road conditions, school closing information, local North Dakota road conditions and weather forecasts.

Base members are encouraged to call the snow line for information.

# Troops get raise, housing allowance increase

**By Gerry J. Gilmore**  
American Forces Press Service

**WASHINGTON (AFPN)** — Money contained within the 2005 National Defense Authorization Act will fund a 3.5 percent troop pay raise and eliminate servicemembers’ out-of-pocket costs for family housing, the Department of Defense’s top military personnel official said.

The January troop pay raise will be applied across the board to all servicemembers and will not feature pay hikes targeted to specific ranks as in past years, said David S. C. Chu, the undersecretary of defense for personnel and readiness.

The targeted raises issued to mid-level officers and noncommissioned officers over the past two years, Mr. Chu said, “have fixed,” for now, most pay-disparity issues involving those ranks.

And, he said, money is contained in the act to boost allowances that eliminate servicemembers’ out-of-pocket expenses for on- or off-base family housing. Stateside and overseas family-housing allowances are

calculated according to regional markets.

Another provision in the act removes a previously established ceiling limiting how much military family-housing inventory could be privatized, Mr. Chu said.

Privatization enables DoD officials to modernize military family housing more quickly and efficiently, Mr. Chu said. About one-third of military families live in on-base housing.

If DoD funded all of its existing family-housing needs by itself, it would take “forever” to make needed repairs or to replace aging housing units largely built in the 1950s, he said.

Mr. Chu named privatization success stories, such as contractor-provided housing for Soldiers and their families at Fort Carson, Colo. Such private sector-provided housing offers contemporary quality and “design flair” for servicemembers while providing more bang for the buck for taxpayers.

The act also contains three special pay and bonus authorizations, Mr. Chu said. For example, the bill makes permanent the increase of military family sepa-

ration pay to \$250 a month and hostile fire/imminent danger pay to \$225 a month.

The bill also provides “a much stronger set” of reenlistment bonuses for Guard and Reserve servicemembers.

Mr. Chu said the act ensures that troops in the field receive the equipment and other material they require to successfully prosecute the War on Terror.

It also provides extended health coverage for some reservists, Chu said, as well as better Montgomery G.I. Bill benefits.

Another change contained in the act enables reservists to be called up for training before possible overseas deployment. This, Mr. Chu said, is a more efficient means of force management.

A major highlight of military personnel management during his tenure, Mr. Chu said involves successive increases in troop compensation.

“The president has been willing to carry the torch for us to argue for significant pay increases,” he said, as well as to reduce and eventually eliminate servicemembers’ out-of-pockets costs for housing.



# Eielson School improvements planned

By Staff Sgt. Scott T. Sturkol  
Public affairs

News of a \$742,300 emergency repair grant put the wheels in motion for improvements at Carl Ben Eielson Elementary School during the October meeting of the Grand Forks Air Force Base School Board.

The Impact Aid Construction Grant will be used to repair the roof, windows, glass block wall components, fire alarm systems, and an intercom system.

Dr. Mark Sanford, Grand Forks Public Schools superintendent, first discussed the grant application for Eielson during the July base school board meeting. Dr. Sanford said Eielson's application was considered an "emergency" because the upgrades were badly needed.

"The grant is for emergency repairs and not cosmetic ones. The windows have needed this for some time," said Tim Brown, base school board vice president.

Mr. Brown said the school board has been trying to get the grant for several years.

"Grant proposals have been drawn up and submitted before," Mr. Brown said. "We have always made it to the final round only to get cut. This year it was

approved."

Heather Spring, school board member, noted a similar project to improve Twining Elementary and Middle School was completed in recent years.

"Twining has been updated with wonderful results, and I expect the same for Eielson," Mrs. Spring said. "Dr. Sanford worked very hard for the base district to obtain this federal grant."

Another planned improvement for Eielson School is the playground. Early in the school year, the base school board, working with Dr. Terry Brenner, Eielson principal, tackled the idea of a new "community playground."

"A community playground is one that would benefit not only the students of Eielson, but the entire base," said Bobbi Sturkol, a school board member associated with the project.

On Nov. 23, the first meeting of the Dream Playground Concept Committee took place at Eielson School. The committee's initial monthly meeting was, as Dr. Brenner said, "a chance to dream big."

Currently, Dr. Brenner said there isn't a clearly-defined budget on the proposed project, but the concept of the playground is to have one that is unique, handicap-accessible, for children up to 12-years old and "family and



*Photo by Staff Sgt. Scott T. Sturkol*

**Eielson students play a game of four squares on the "painted playground" completed by Eielson volunteers in early October. The "painted playground" was the first of several improvements planned for Eielson Elementary School.**

community-oriented."

Other ideas for the proposed playground include a picnic shelter area, tables, water fountains and a parking area for parents.

"The playground improvement seems a natural addition to the construction

project," Mrs. Spring said. "Base officials and the school board are working together to make this happen."

All projects are still in the coordination process, however, school officials plan significant progress by the spring of 2005.

# Base chapel

## CATHOLIC:

**Sunday Mass:** 9 a.m. Sunflower Chapel.

**Weekday Mass:** 11:30 a.m., Monday, Wednesday and Thursday, Sunflower Chapel

**Reconciliation:** 8:30 to 8:45 a.m. Sunday, Sunflower Chapel, or by appointment by calling 747-5673.

**Catholic Scripture Study:** 7 p.m. Wednesday, Sunflower Chapel basement.

**Confraternity of Christian Doctrine, Adult Education, Rite of Christian Initiation of Adults and Sacramental Programs:** Classes start at 11 a.m. Sunday at Twining Elementary School.

For details on educational programs, call Jane Hutzol at 747-3073.

## PROTESTANT:

**Traditional Worship:** 11 a.m. Sunday, Sunflower Chapel.

**Contemporary Worship:** 6 p.m. Sunday, Prairie Rose Chapel.

**Men of the Chapel Bible Study:** noon Monday, Prairie Rose Chapel conference room.

**Young Adults:** 6 p.m., Friday, Chaplain Swain’s home, call 747-4359 for details.

**Women's Bible Study:** 7 p.m., Monday, Prairie Rose conference room.

**Protestant Youth of the Chapel:** Starts at 6:30 p.m. Wednesday, youth center.

**Protestant Sunday School:** 9:30 a.m. Sunday, Eielson Elementary School.



## JEWISH:

Call B’nai Israel Synagogue at 775-5124.

## MUSLIM, BUDDHIST, ORTHODOX, OTHER:

For details call 747-5673.

## UPCOMING HOLIDAY EVENTS:

**Children’s Christmas Eve Mass:** 5 p.m., Sunflower Chapel.

**Midnight Mass:** 11:59 p.m., Dec. 24, Sunflower Chapel.

**Christmas Day Mass:** 9 a.m., Sunflower Chapel.

**Holy Family:** 9 a.m., Dec. 26, Sunflower Chapel.

**Epiphany:** 9 a.m., Jan. 2, Sunflower Chapel.

**Christmas Eve Candlelight Service:** 7 p.m., Prairie Rose Chapel.

# Base theater

**Today, 7 p.m.**

***The Incredibles (PG)***

Bob Parr (Craig T. Nelson) was known to all as Mr. Incredible, but now the erstwhile superhero has retired to a quiet life in the suburbs and a job as an insurance salesman. But after a mysterious communication summons him to a remote island, he springs back into action, along with his superpower-endowed family.

**Dec. 11 & 12, 3 p.m.**

***The Incredibles (PG)***

**Dec. 11, 7 p.m.**

***Ray (PG-13)***

This biopic focuses on legendary rhythm and blues singer Ray Charles and traces his career from his early days as a poor musician in the segregated South to his rise to fame as one of the most influential musicians of his time.

**Dec. 17, 7 p.m.**

***The Polar Express (G)***

A young boy's belief in Santa Claus is rewarded on Christmas Eve when he's awakened by a steam train whose conductor (Tom Hanks) pulls up in front of his house and takes him and other children on a magical journey to the North Pole.

**Dec. 18, 3 p.m.**

***The Polar Express (G)***

**Tickets: \$1.75 children, \$3.50 adults. For details cal 747-3021/6123**

**Dec. 18, 7 p.m.**

***After the Sunset (PG-13)***

Pierce Brosnan stars as a successful thief who retires to a tropical island to enjoy the fruits of his last heist with his partner (Salma Hayek). His FBI nemesis (Woody Harrelson) shows up, however, to double-check that he's really retired, and a suspicion-filled game of intrigue begins.

**Dec. 23, 3 p.m.**

***The Polar Express (G)***

**Dec. 24, 1 & 3 p.m.**

***Spongebob Squarepants Movie (PG)***

In the depths of Bikini Bottom: King Neptune’s crown has been stolen, and the prime suspect is Mr. Krabs, proprietor of Mr. Krabs Krabby Patties. Despite evidence to the contrary, SpongeBob teams up with his best friend, Patrick, on a mission to Shell City, where he hopes he can exonerate Mr. Krabs. However, once outside the relative safety of Bikini Bottom, SpongeBob is faced with the overwhelming dangers of the sea.

**Dec. 31, 7 p.m.**

***National Treasure (PG)***

Gates is an archeologist who is from the eighth generation of a family who’ve shared an unusual quest. As Gates Family legend has it, George Washington, Thomas Jefferson and Benjamin Franklin hid a massive cache of gold during the waning days of the Revolutionary War, and left clues as to its whereabouts in the original drafts of the Constitution and the Declaration of Independence. With no firm proof that it actually exists, Gates sets out to crack the code that will lead him to the fortune.



# 11 base Airmen receive Articles 15

Eleven base Airmen received Articles 15 during the month of October for violating the Uniform Code of Military Justice.

■ An airman first class, who provided alcohol to a minor, received an Article 15 for violation of Article 134. Punishment included suspended reduction to airman, 14 days restriction, 14 days extra duty, a letter of reprimand and an unfavorable information file.

■ An airman first class, who was caught underage drinking and failed to maintain quiet in housing, received an Article 15 for violation of Article 92. Punishment included suspended reduction to airman, 14 days restriction, a letter of reprimand and an unfavorable information file.

■ A senior airman, who failed to properly account for tools, received an Article 15 for violation of Article 92. Punishment included 14 days extra duty, a letter of reprimand and an unfavorable information file.

■ A senior airman, who failed to use technical data, received an Article 15 for violation of Article 92. Punishment included 14 days extra duty, a letter of reprimand and an unfavorable information file.

■ An airman first class, who failed to use technical data, received an Article 15 for violation of Article 92. Punishment included 14 days extra duty, a letter of reprimand and an unfavorable information file.

■ An airman first class, who misused the government travel card, received an Article 15 for violation of Article 92. Punishment included forfeiture of \$60, 15 days extra duty, a letter of reprimand and an unfavorable information file.

■ An airman first class, who consumed alcohol eight hours prior to duty and failed-to-go, received an Article 15 for violation of Article 86 and Article 92. Punishment included reduction to airman, suspended reduc-

tion to airman basic, forfeiture of \$200 for two months, 45 days restriction, 45 days of extra duty with 30 days suspended, a letter of reprimand and an unfavorable information file.

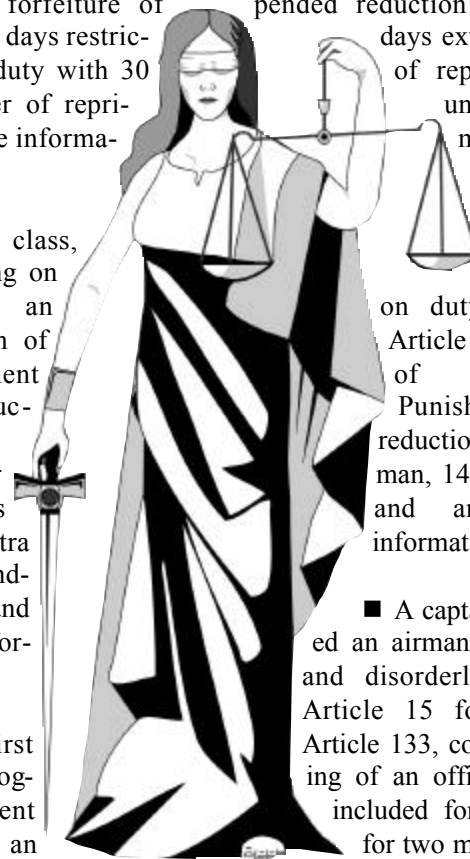
■ An airman first class, who was caught sleeping on post twice, received an Article 15 for violation of Article 119. Punishment included suspended reduction to airman, suspended forfeiture of \$200 for two months, 45 days restriction, 45 days extra duty with 31 days suspended, a letter of reprimand and an unfavorable information file.

■ An airman first class, who viewed pornography on a government computer, received an Article 15 for violation of Article 92. Punishment included sus-

pending reduction to airman, 21 days extra duty, a letter of reprimand and an unfavorable information file.

■ A staff sergeant, who was asleep on duty, received an Article 15 for violation of Article 92. Punishment included reduction to senior airman, 14 days extra duty and an unfavorable information file.

■ A captain, who assaulted an airman and was drunk and disorderly, received an Article 15 for violation of Article 133, conduct unbecoming of an officer. Punishment included forfeiture of \$600 for two months, a letter of reprimand, and an unfavorable information file.



# Community

## Today

### GOLF SPECIALS

Plainsview Golf Course is having a sale, with 10 to 25 percent off selected clubs, shoes, gloves, and windbreakers. A full set of ladies clubs are also 10 percent off.

### BOWLING SPECIALS

Dakota Lanes Bowling Center is have a sale of 10 percent off all balls and bags in stock and five percent off any special order on balls and bags.

### ARTSAND CRAFTS CLASSES

Sign up today for this week's classes: frame class, Saturday, cost \$20 plus supplies; German feather tree quilt, Tuesday; chair covers, Wednesday. Pre-registration is required. For details and supply list call, 747-3482.

## Saturday

### SANTA PAWS EVENT

There will be a Santa Paws event at the community center Saturday. Attendees will have the chance to get pictures taken of their pets with “Santa Paws,” or you can get your picture taken with them. For details call 747-6104.

## Sunday

### SUPER SUNDAY BRUNCH

The Northern Lights Club offers brunch Sunday from 10:30 a.m. to 1:30 p.m. Cost is \$11.25 for adults, \$7.25 for children 5 to 12 and children 4 and under eat free.

## Monday

### HOCKEY TICKETS

Tickets are available beginning Monday for the USA World Jr. vs. UND hockey game at the Ralph Engelstad Arena Dec. 19 at 2:05 p.m. Pick up tickets at the Operation Enduring Friendship ticket office at the community Center. For details call 747-6104.

### ESC HOLIDAY PARTY

There will be an enlisted spouse’s club holiday party potluck at the community center at 6 p.m. The theme is snowflakes. There will be a secret pal reveal, an ornament exchange with a

\$5 limit and a constitutions and bylaws vote. This is a kid free event.

For details call Mandy Roberts at 594-8334 or email [enlistedspousesclub@yahoo.com](mailto:enlistedspousesclub@yahoo.com).

## Wednesday

### GET YOUR GIFTS MAILED

The United Parcel Service office in the community center will extend hours until 8 p.m. Wednesday. For details call 747-6104.

### HOLIDAY SHOPPING AT MALL OF AMERICA

A trip to the Mall of America on Dec. 18 will be offered by outdoor recreation. Transportation will be provided and the tour will stop at the outlet mall in Albertville. Sign up by Wednesday. Cost is \$25 per person for transportation only. For details call 747-3688.

## Thursday

### ARTS AND CRAFTS SPECIALS

Framing orders at the arts and crafts center must be placed by today for pick up by Dec. 23. Also, there are store specials throughout this month.

There is a large selection of ribbons and lace, now 25 percent off until Dec. 18. Holiday workshops are also offered.

### CLUB DINING

There will be no evening dining at the Northern Lights Club during the month of December, due to parties.

## Upcoming

### FAST EDDIE'S HOLIDAY COUPONS

Are you in need of a holiday gift? Purchase a pre-paid coupon booklet for mocha, latte/cappuccino or a variety pack. Five new holiday coffee drinks are also available. For details call 747-6201.

### OUTDOOR RENTAL SPECIAL

Outdoor recreation will have holiday rental specials from Dec. 23 to 27 and Dec. 30 to Jan. 3, 2005.

- Downhill ski packages for \$25.
- Cross-country ski packages for \$12.50.
- Snowboard packages for \$42.50.
- Rental packages need to be picked up before 7 p.m. on Dec. 23 or Dec. 30 and returned by 3 p.m. the following Monday.



## Area/Local Holiday Events

---

### First Night

***Grand Forks (Dec. 31)***

Enjoy an evening of fun and entertainment for the whole family during Greater Grand Forks' First Night non-alcoholic celebration.

Ring in the new year with sleigh rides, music, comedy, great food and of course, fireworks at midnight.

For details call (218) 230-4231; or online at [www.firstnightggf.org](http://www.firstnightggf.org).

### Spirit of the Season

***Grafton (Now through Jan. 8)***

Experience a winter wonderland of lights at Leistikow Park.

Events through December including a holiday concert, craft show, Santa breakfast and much more.

For details call (701) 352-0781 or go on-line at [www.graftonchamber.org](http://www.graftonchamber.org).

### Holly Jolly Zoo Days

***Red River Zoo, Fargo (Saturday and***

***Dec. 18)***

Visit with Santa Claus at the zoo and enjoy cookies, cocoa and other fun activities.

Event hours are 2-5 p.m. For details call (701) 277-9240; or go online at [www.redriverzoo.org](http://www.redriverzoo.org).

### Santa Village

***Rheault Farm, Fargo (Now through Dec. 23)***

Visit Santa and Mrs. Claus and see their reindeer. Also enjoy breakfast with Santa and family activities.

Call for times and details. Times vary per day.

For details call (701) 476-6774 or go online to <http://www.fargoparks.com>.

### Christmas in the Park

***Bismarck (Now through Jan. 1)***

More than 60 lighted displays – approximately half of which are animated – can be viewed from the warmth of your car as you travel through Sertoma Park.

This annual event runs from 6-10 p.m. each evening. The cost is \$5 per car.

For details call 701-255-0227.

### Custer Christmas

***Mandan (Saturday and Sunday)***

Celebrate the holidays with Gen. George Custer and his wife, Libby, at Fort Abraham Lincoln State Park.

The reconstructed Custer home and other buildings will be decorated in 1875 fashion. Period music, sleigh rides and caroling are planned. Period dance instruction and a chance to take an old-time family photo will be available. All activities are from 1-4 p.m.

A formal period dinner will take place Sunday evening with candlelight tours of the house.

For details call (701) 667-6340; or go online at [www.fortlincoln.com](http://www.fortlincoln.com).

### Christmas at the Confluence

***Williston (Saturday)***

The festive event at the Missouri-Yellowstone Confluence Interpretive Center includes holiday music and refreshments. People can help decorate the museum's Christmas tree and learn how Christmas was celebrated by the frontier army.

For details call (701) 572-9034; or go online at [www.discovernd.com/hist](http://www.discovernd.com/hist).



# ‘War’ puts wing’s skills to test

**By Capt. Michael Meridith**  
Public affairs

For two days last week, a new war came to Grand Forks Air Force Base. Security forces stood ready to defend against terrorist attack while maintainers and aircrew raced to prepare their aircraft for rapid launch.

The 319th Air Refueling Wing’s last major exercise of the year, an Operational Readiness Evaluation held Dec. 1 and 2, “tested the wing’s ability to respond quickly to wartime taskings,” said Maj. Charles Huhtala, who led the cell that planned and evaluated the exercise.

“We try to do these at least once a quarter,” Major Huhtala explained, adding “they [the exercises] allow us to stretch our muscles by carrying out our wartime tasks quickly and in the face of lots of hurdles.”

Those hurdles were both planned and unplanned. A winter storm during the exercise meant maintainers had to contend not only with the urgent pace set by the exercise scenario but also with icy winds and several inches of snow.

“We were required to keep the aircraft free of snow all night long,” explained Master Sgt. Brad Ortzman, exercise maintenance production superintendent. “That was even more of a challenge because a lot of our folks are pretty new and inexperienced. Even so, our people showed a real sense of urgency and performed extremely well despite the elements.”

The weather also made things more difficult for security forces, who were on watch for possible simulated terrorist attacks against the base or its aircraft.

“The whole experience was very challenging,” said Master Sgt. Gary Lee, security forces area

supervisor for the exercise. “Not only did the weather make surveillance difficult, but we also had a lot of new people who had to be trained.”

Sergeant Lee said that in spite of the difficulties, he was satisfied with the performance of security forces, adding “If nothing else, we got the satisfaction that no matter what was thrown at us, we were ready. All the aircraft took off safely and that’s what matters.”

In addition to the challenges offered by the weather, planners also allowed units to include their own inputs in the exercise scenario. The result was an expansion of its training value and another level of challenge for participants.

“It’s the nature of the exercise that at certain times there may be lulls in the action. During these times, unit inputs allowed us opportunities to further test the wing’s capabilities and reactions,” said Major Huhtala.

For aircrews, the exercise offered an invaluable opportunity to apply lessons learned throughout the year.

“The biggest benefit was the experience it gave our crews,” said Capt. Tim Mach, an aircraft commander during the exercise. “A lot of what we did during the exercise mirrors what we do day to day. However, there are still things that are different, and this was a great way to practice those skills.”

Although the exercise cell is still evaluating the results, Major Huhtala says he was pleased with what he saw during the exercise. He noted the wing was able to achieve its primary objectives of a quick personnel recall and rapid preparation and launch of aircraft with no injuries.

“What it comes down to is knowing the mission and being able to perform it,” he said. “Based on that, it went very well.”



*Photos by Tech. Sgt. Anthony Tyrrell*



Members of the 319th Communications Squadron were tasked to set up communications during the exercise.

(Left) Senior Airman Conrad Callahan and Staff Sgt. Reed Honsey, both 319th Communications Squadron, secure an antenna cable.

(Above) Airman Callahan and Sergeant Honsey secure and align guide wires to the ground.



(Top) A crew chief scrapes the ice off of one of the KC-135 stratotankers participating in the operational readiness exercise Dec. 2. (Far left) Senior Airman Terrance Turner, 319th Security Forces Squadron, stands guard in front of one of the alert aircraft generated during the exercise.

(Left) Airman 1st Class Kevin Rondeau, 319th Aircraft Maintenance Squadron, marshals a KC-135 for takeoff.

(Below) KC-135s stand ready for takeoff on the taxiway Thursday. The exercise tested the base’s ability to rapidly respond to wartime taskings.





# Wishing you were here to celebrate the holidays

By Airman 1st Class James Croxon  
Public affairs

An Airman sits in his room eating a microwave dinner and watching the annual holiday shows on television. There are no lights or decorations in his darkened room, no laughter except the voices coming from the television. Meanwhile, across the base celebrate the season with elaborate dinners and parties. But there is always room for one more.

Whether in a deployed location or at home station, many Airmen find themselves without a place to go or someone to celebrate the holidays with. For these Airmen, this festive time can be lonely or depressing, but there is help.

Airmen can put cheer back in the holiday season by socializing and making an effort to enjoy themselves.

"I go to the fitness center and work out with Airmen playing basketball and other sports," said Airman 1st Class Matthew Brilla, 912th Air Refueling Squadron. "If I don't go home during the holidays this year I'll try to get a holiday basketball game started with friends."

By developing and maintaining friendships, Airmen can have another person to talk to and spend time with, said Dr. Earl Beal, family support center director and retired Air Force Captain with over 20 years in the service.

Dr. Beal also suggests involvement in the community.

"I try to go downtown with friends," said Airman 1st Class Christy Metcalf, 912th ARS. "We get together all the time, especially during the holidays."

Taking advantage of Operation Enduring Friendship is another way of getting out into the community and enjoying sporting events and other activities.

Other advice from Dr. Beal — don't make major changes in your life.



Photo by Airman 1st Class James Croxon

**Many Airmen have no place to celebrate the holidays and become lonely during this season. Fortunately, there are things they can do to bring joy and excitement into their lives. There are also things wingmen and co-workers can do to help bring happiness to them as well.**

"People who find themselves alone during the holidays often want to make dramatic changes to their lifestyle. They may be tempted to spend money on things they would not otherwise buy," he said. "You shouldn't make dramatic changes as a reaction to loneliness." Making major decisions due to stress sometimes doesn't allow the same amount of time to think and plan as we would if we were not stressed.

Continue family traditions, "I'm from the South so on New Year's Eve I eat collard greens, ham hocks and black-eyed peas," said James Bolton, chief of treaty compliance.

In addition to keeping traditions alive, Dr. Beal suggests staying in touch with loved ones. "Airmen should call home and talk with loved ones. A phone call can make people feel closer

even though they are separated geographically," he said.

If none of these tips help relieve loneliness Airmen can always seek help. Dr. Beal also points out five people who are available in each unit for that help; commanders, first sergeant, key spouse, community readiness consultant and a friend or wingman.

Other sources of help are chaplains and professional counselors. The family support center has cards listing different base agencies that can offer help.

Festive feelings and cheer is in everyone's hands, according to Dr. Beal. Inviting an Airman to your house for the holidays or taking an Airman out to see a movie has a dramatic effect.

"It's our duty as wingmen to look after other Airmen and that includes after duty-hours," Dr. Beal said.

Dr. Beal points out since the Air Force became to an expeditionary Air Force, it is easier for Airmen to become isolated, especially those who just arrived on station.

According to Dr. Beal, in the old Air Force everyone knew each other in the workplace and Airmen seldom deployed. Unit celebrations were common then and Airmen got together more often. Now operations tempo has picked up and Airmen find friends leaving for deployment or they are leaving for deployment themselves.

Since it's easier for Airmen to become isolated in today's Air Force, it's coworkers and fellow Airmen who can help the most. "Programs aren't the answer to everything," said Dr. Beal. "We need to take the approach of helping people one on one."

# Smoking: expensive habit

*The price of smoking doesn't just extend to the price of cigarettes. Smokers should examine the whole cost of smoking, from health risk to dry cleaning.*

**By Airman 1st Class Patrice Clarke**  
Public affairs

Smoking is one of the most addictive substances in the world. It works faster than shooting up heroin. Heroin has to go from your vein, through your blood stream, through your heart and then to your brain, taking about 10 seconds to cause a reaction.

Cigarette smoke, on the other hand, takes about three to five seconds for the full effects of nicotine to kick in.

According to the American Lung Association, smoking is so addictive, it takes a smoker at least four different tries before they actually quit the habit for good.

Many smokers never get the chance to quit smoking because they die. In fact, the number one cause of preventable death in the United States is tobacco-

related illness. In fact, add all of the other different major causes of death and the tobacco-related death numbers would still be higher according to the American Cancer Society

Smoking can cause health risks and irreparable damage, but it also risks non-smokers. More than 62,000 non-smokers die each year from either heart disease, lung cancer, or any other smoking related illnesses caused by second-hand smoke, reports the ACS.

Fortunately, there is a silver lining to the black tobacco cloud. Lt. Col Rob Steed, 319th Medical Operations Squadron commander, says quitting smoking is the best thing a smoker can do for their health. The ALA reports that 20 minutes after a smoker finishes their last cigarette, the body begins a series of changes. After a while, based on how long a smoker has been smoking, the effects of smoking can be reversed.

For example, say Mary started smoking at age 18 and smoked half a pack of cigarettes a day for the next five years. If she quits, in a couple of years she can be at the same level of health as anyone else her age.

How about money?

From minor expenses to major ones, smokers pay more than someone the same age that doesn't smoke.

In fact, the ALA reports that smokers spent more than \$50 million dollars last year on cigarettes.

On average, a pack of cigarettes costs \$3. If you smoke half a pack of cigarettes a day that's \$10.50 a week. After a year you have spent \$546 on your habit. But that's not all the money you spend.

Health and life insurance increase when you check the box as a smoker. For an average 20-year term life insurance policy for a healthy 44-year-old male non-smoker at \$500,000, the range is \$610 to \$1,115 in premiums per year. For a smoker who smokes a pack a day, the cost quadruples to as much as \$4,495 a year.

The health insurance difference isn't

as drastic as life insurance, but can still be seen. An average 44-year-old non-smoking man pays about \$98 for health insurance per month with a \$1,500 deductible. A smoker who gets the same policy, with the same deductible pays \$113 per month. That's nearly \$200 more a year.

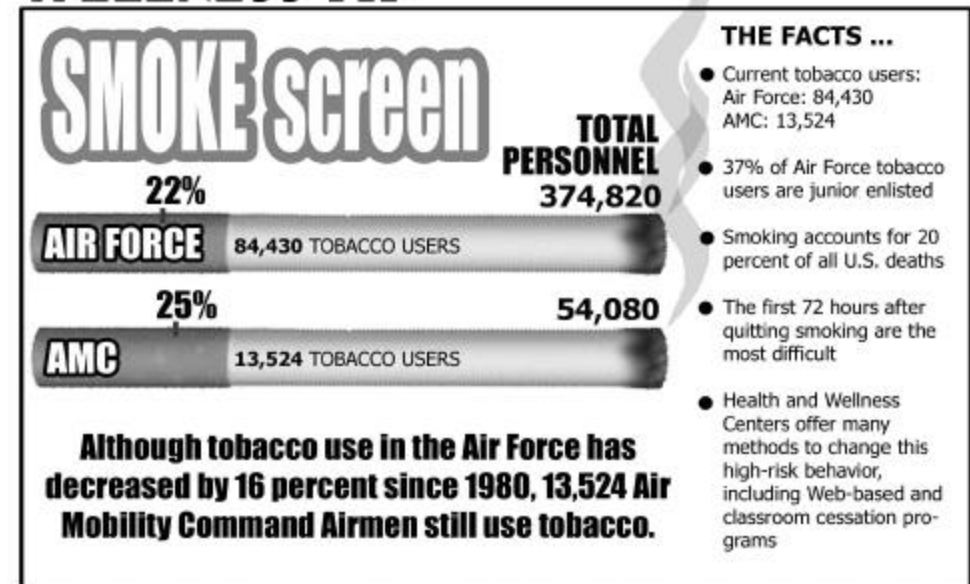
According to the Air Force Medical Service Agency more than 40 percent of our airman basic to airman first class use tobacco. Thirty-four percent of active duty members here use tobacco. Air Mobility Command has a 25.3 percent usage rate as a whole.

Despite the health risk and the monetary risk many people still smoke. Which raises the question "is it worth it?"

*"Quitting smoking is the best thing a smoker can do for their health,"*

**Lt. Col Rob Steed**  
319th Medical Operations Squadron  
commander

## WELLNESS TIP



## Tobacco Cessation

If your New Year's Resolution is quitting the use of tobacco; let the Health and Wellness Center here help. Join the next "Freedom From Smoking" class.

This five-week course begins at 5:30 p.m. Jan 4, 2005 at the HAWC. Seating is limited to 15 participants, so sign up early. Consider signing up with a buddy to enhance your chances of success.

For more information please contact Mrs. Lillian Newton at 747-5546.



# Warriors get weekend split

By Staff Sgt. Monte Volk  
Public affairs

The base Warriors men's basketball team fell to the Mayville State University Comets 88-71 Dec. 1, then went on to beat the Concordia-Moorhead junior varsity team 101-87 Sunday.

The Comets overcame an early 11-point deficit and sealed the victory by owning the offensive glass. The Comets ended the game with 29 second-chance points.

"The second-chance points killed us," said D.J. Lemelle, coach. "We had positioned for the rebounds but did not box-out. We thought we could out jump them and they made us pay for it."

The Comets had an obvious height advantage, starting four players over 6-feet 5-inches tall. The tallest Warrior is 6-feet 1-inch, but the Warriors are not using that as an excuse.

"We have learned size doesn't matter," said coach Lemelle. "It comes down to fundamentals and tonight we just didn't use them."

The Warriors are playing without six players who were cut from the team for disciplinary reasons. Three of those players were starters. Without those players, the Warriors were relying on 10th, 11th and 12th players to step up and contribute.

"Our inexperience showed tonight," said Margie Wireman, assistant coach. "We counted on guys who only averaged 3 minutes a game playing time. Tonight, they averaged 20-27 minutes per player."

"They were not used to being put in to a position to contribute big-time positive minutes," added coach Wireman. "However, they played well."

"It hurts to have lost those six players, however, we pride ourselves on doing things the right way," said coach Lemelle.

Soultez Dukes paced the Warriors with 19 points. Matt Wireman added 18 points. Newcomers Adonis Prince chipped in 12 points and had five steals; Jonathan Arroyo added six points and five steals; and Corey Leonard contributed two points, three rebounds and a steal.

"We have new players, with a lot of heart and energy and they want to get better on and off the court," said coach Lemelle.

## Warriors defeat Concordia

Two weeks ago, the Warriors were crushed by Concordia-Moorhead junior varsity 117-86. On Sunday, the Warriors returned the favor on their homecourt and posted a 101-87 victory.

"This was a special victory for us," said coach Lemelle. "When we played them last time, they beat us in every aspect of the game, especially on the mental end."

"Our team takes tremendous pride in being able to make adjustments to opponents that we see again," said coach Lemelle.

This game was no exception.

Concordia started the game strong opening up a six-point lead at 20-14; however the Warriors chipped away with outside shooting by Matt Wireman to take the lead 21-20 and the Warriors never looked back.

The game's last play before halftime saw Warriors forward Corey Leonard throw a cross-court pass to cutting guard Marquise Dawkins for the layup as time expired. The basket gave the Warriors an eight-point lead at the half.

The second half saw the Warriors continue their momentum as they opened up a 16-point lead with 14 minutes remaining thanks to strong shooting by Jonathan Arroyo and guard Eric Williams.

Concordia made a run at the Warriors as they cut the lead to six with eight minutes remaining.

"That was our gut check," said coach Wireman. "Things were not going well for us and mentally we broke down."

The Warriors regrouped and went on a run of their own, led by forward Soultez Dukes. Again, the Warriors took a 16 point lead and held on for the victory.

"This is the first college victory that we have had where a team beat us by 30 the first time and we beat them by 14 in the next game," said coach Lemelle. "I congratulate the team for the preparation of getting ready to play Concordia."

The Warriors practice a minimum of 12 hours each week to prepare for their games.

"My hat is off to these players," said coach Lemelle.

"They are volunteers representing the base in a positive manner and they are



Photo by Airman 1st Class Patrice Clarke

**Mathew Wireman goes to block a Mayville State players shot during the game Dec. 1. The Warriors lost 88-71 but came back Sunday against Concordia Moorhead 101-87.**

doing it like champions," said coach Wireman. "Concordia is the most disciplined team we have played. With the many screens and back picks they set it is very easy to lose focus. Our team communicated well."

All 12 players played and contributed positive minutes, and when they weren't in the game they were cheering from the bench.

"That was exactly what we needed to get back on track," said Wireman.

Matt Wireman led all scorers with 23 points, Dukes dropped 20, Williams poured in 15 and eight assists, Dawkins chipped in 11 points, Arroyo had a career high eight points, Brandon Franklin added four points, and Adonis Prince contributed five assists.

The Warriors have moved their record to 6-8 for the year and will be on the road Saturday to face Huron College of South Dakota. The game will be held at United Tribes Technical College in Bismarck, N.D.

# Intramural standings

## Bowling

911ARS	74-30
MSS	70-34
COMM-B	64-40
LRS-C	64-40
LRS-A	62-42
AMXS	60-44
COMM-A	58-46
MXS	58-46
905ARS	56-48
MDG	54-50
CES	46-58
LRS-B	46-58
SFS	44-60
SVS	40-64
CPTS	32-72

Current as of Tuesday

## Basketball

### Intramural

LRS-B	6-1
CES	5-2
MXS	4-3
OSS	4-4
SF	4-3
LRS-A	2-6
CS	1-7

### Old Pro

MSS	1-0
MOS	2-0
MGD	1-1
LRS	0-2
OSS	1-0

Current as of Wednesday

